Volume 7.

Published by The Sunflower Publishing Company. LILY DALE, N. Y., FEBRUALY 1, 1902.

Issued the First and Fifteenth of Each Month at 50 Cents per Year.

Number 70

# THE GROWTH OF

BY W. P. BALL.

Sixty-one years ago Macaulay, in ons essay on Ranke's "History of acceptance of that pernicious form of the Popes," expressed grave apprehensions as to the future power of The death-rate, as might be ex-Roman Catholicism, which had re- pected in so Catholic and unprogrescovered some of its losses during sive a country, is an excessively the Reformation, while Protestantism had failed to maintain all its

The layse of time has given us facts and agures which may enable us to smoderate such fears. Writing in 1840, and probably using figures of a somewhat earlier date, Macaulay the Roman Catholics as certainly not fewer than 125,000,000, while the adherents of all other Christian sects were not more than 120,000, century, I find on reckoning up, that arom this 150,000,000 or more to less than 64 per cent., while the non-Catholic Christians have increased tronc 120,000,000 or less to more than 300,000,000 - an increase of of that of England and Scotland. over 150 per cent. From being a elected majority among Christians, the Roman Catholics have thus become a decided minority of the remainder consisting of Russian adherents of the Greek Church. increase, it may be observed, is wholly, or almost wholly, due to natural increase of population, and not to conversions of the heathers or of members of rival Christian

Churches. So far as the general result is concerned, the above figures are conarmed, and at the same time explained, by other statistical facts. The vearly returns of births and deaths, where obtainable, show a smaller increase of population in Catholic countries, taken as a whole, Russia The following table, giving in most cases an average of a period of ten years, from 1886 to 1895, will illustrate and prove this fact:

Annual Annual Annual Protest int Birth-rate Death-rate Increase Countries. per 1000, per 1000, per 1000.

	1,4, 4, 4,4	• • • • • • • • • • • • • • • • • • • •	1.7. 20
Eng and	1	19	12
See Seen 1	31	19	12
Nonvay	30	16	14
Sweden	28	16	12
Den ank	31	19	12
Um and	34	21	13
Howard	33	20	13
Press a	37	23	14
Sax av	41	26	15
Australasia (	(1895) 29	12	17
Greek Ch			- •
Ressia (18		34	13
Catholic Co	untries,		
Spain (1890-94) 35		31	4
Ita v	37	26	11
Prance	23	22	1
Be zint.	29	20	9
Austria	37	28	9
Hungary	42	32	10
Basaria	36	27	9

Ircl in i of Protestant nations appears to be ing, being distinguished by relative about thirteen per thousand, for the weakness, corruption and general inaddition of the United States, efficiency, while the United States, Canada and South Africa would exceptionaly progressive and prosprobably raise the figures rather lower them; while the average increase in Catholic countries is little more than half of this, or only seven the most powerful nation in the per thousand, or perhaps less since at might be reduced rather than heightened, by the addition of the Catholic States of America, which are so backward that trustworthy information is often unobtainable. but which appear to suffer from heavy death-rates, and are mostly Catholic, the government is unusually situated in tropical regions unfavorable to the increase of European colonists. In Chili, one of the most progressive and healthy of these Catholic republies, the death-rate is more than that of the Australasian temporal power and the absorption colonies, and the increase-rate is only about six per thousand. In

Mexico, the annual mortality appears to be about thrice that of the Australasian colonics.

Spain, a country so backward that in 1889 more than two-thirds of the people could neither read nor write, is preeminently representative of Roman Catholicism in the throughness and universality of her faith, and in the evil results thereof. heavy one, the annual mortality being no less than thirty-one per thousand, where that of Protestant England and Scotland notwithstanding their large and densely crowded manufacturing towns, is only nineteen per thousand, and that of Protestant Norway and Sweden is only estimated the total number of sixteen per thousand. Deducting the annual death-rate of thirty-one per thousand from the annual birthrate of thirty-five per thousand, there remains a natural increase of 100. At the beginning of the present population of only four per thousand in Spain, while the annual increase the Roman Catholics have increased of Great Britain is twelve per thousand, and in Norway fourteen per Some 245,000,000 - an increase of thousand. Every year Spain sacrifices 200,000 human lives over and above what she would lose if she reduced her mortality to the level

Besides the relative weakenings of Catholicism through a slower rate of increase among its adherents, the inferior quality of the Catholic populations, as a whole, renders them less powerful or influential in the world's affairs than the Protestant or Teutonic nations. Catholicism has long been a dwindling factor in political arrangements. Protestant Germany and non-Catholic Russia have superseded both Catholic France and Catholic Austria as dominant Continental powers. Catholic Spain has entirely lost her former influence in European affairs and in world-power has sank as much as Protestant Britain has risen. But this difference in racial quality and its results is seen in a greater degree Banner of Light for January 11, Catholic countries, taken as a whole, its results is seen in a greater degree 1902. On the first page of the than in Protestant countries and the future become far more pope Banner is a fine picture of this rethe future become far more populous and far more powerful than the relatively diminutive countries in Europe from which they sprung. In Brazil, Mexico and the other Catholic republics of America (which occupy twice the area of all Europe), the population is of mixed blood, and is descended more largely from native Indians and imported negroes than from Spanish and Portugese colonists. The Protestant populations, who are gradually filling North America, Australasia and South Africa — an area thrice that of all Europe, and with relatively temperate and healthy climates suitable for the increase of white populations — are mostly pure in blood, and of a quality that should fit them for the great parts they may be expected to play in future ages. The 62,000,000 Catholics of America are in no sense any match for the 70,000,000 Protestants; the Catholic The average annual increase-rate States of America, though advancperous and with a population of by some of her associate to become 76,000,000 ably utilizing vast natural resources, is potentially, I think, world, as it is actually, the wealthiest.

> quality and increasing quantity of Protestant population, the Church of Rome is losing its power over its own adherents. Thus in France although the prevailing religion is still anti-clerical, and the power of the priest has been severely curbed. The Italians defied their pope by taking ing "Ben," her betrothe. She beg- listened to a series of lectures by C. Rome and by voting almost unan- ged them to promise he they would imously for the suppression of his

Independently of the superior

(Continued on Page 5.)

# BEAUTIFUL DEATH.

We have often been told b people who live in the shadows o supersition and look back two thousand vears for their knowledge of life and its meanings, that Spiritus lism is good to live by but it will not do and precious little of anything else of vital importance. But I have heard this false assumption echoed from the platform, by o e who claims to be posted.

But such absurdities are and indicate a mental disbala ce and

egotism entirely untrustwor hy. Well posted Spiritualist know that there is nothing else so sustaining and full of comfort to tl · dying, and that Spiritualism is the best of all religions to live by and infinitely superior to all else to die by. In the many hundreds of fune als that I have served, this fact has been abundantly illustrated. But such depends on temperament, and onstitutional tendencies as well as the nature of the disease tha affects the brain in the last hours of earth life. In some cases the r vival of people become free from old time erearly impressions, cause t e dying to feel and act abnormal and give expression to thoughts or 1 ars that are foreign to the ration 1 mind. But those who retain the mental clearness, approach God with a growing trust and even a triumpliant exultation. This is quite common with high-grade Spi itualists. One of the most beautiful illustrations of this was recently vitnessed in the death - transition - of Miss friend. Julia Steelman, the twenty year-old well and widely known as an eloquent inspirational speake: and propronounced and practical Spiritualist. I cannot better des ribe this beautiful and impressive death scene, than by quoting literally from the markable girl, and we beerve a striking resemblance in her frank spiritual face to our Mai lie. Like her she went out in the early bloom of womanhood, when t e attractions of this life were ful of rosy prophesies and buoyant anticipations. This makes it seen hard to bear, and against nature.

But death is no respec or of persons, or of age, and though it cut short our anticipations and wither the fairest flowers that bloom in earth's garden of love, it brings gladness and glory to all. I ie Banner of Light says: The tra sition, on the morning of December the 30, of Miss Julia Steelman, the twenty year old daughter of Mrs. Jul a Steelman Nichols" (Mitchell I thin it should be) was surrounded by uch a halo of happiness and glory as to fill the hearts of all Spiritualists with joy in a religion which tran forms the death scene into a thing of beauty.

The young lady was a popular social favorite in Cincinna i, and for the past three years in North Evanston, Illinois. She was often urged a member of the church, but she smilingly refused, stating that there was but one way to gan happiness beyond the grave and t at was by living a pure, honest life. She always held that death was b t a joyous change and as such she net it with a song and a smile up n her lips. The last five hours of 1 r earth life were spent in assuring her mother and other loved ones that she was in no pain but was sit ply happy, happy; her only regret 1 ing in leavnot grieve. Calling then to her bedside she said: "Since bat beautiful light appeared aheae of me I can think of but one word joy. O, it

I have no words to express it. All seems radiant. It seems such a glad time. Let us sing — sing glad songs. John Brown. She started the song herself, with choking voices the others joined. Then followed the Star Spangled Banner, Home Sweet Home, Grandfather's Clock and that to die by. Of course those who so Throwing her arms around her lover's neck she whispered 'I will never leave you. Mamma, put your handkerchief up, no tears you know, I am glad that I am going." A few breaths and all was still. The Chicago American published an account of this remarkable scene, and reproduced her picture closing with markable occasion, "A happy death." what is not. In the "sweet bye and bye" when ror and superstition, and learn to live Spiritual unselfish lives, and develop the sweet graces of purity, honesty and love, death will be joy-When passion, and prejudice, vice, are seen are temporal." and justice reigns supreme, death will be known as a loyal, loving

## daughter of Julia Steelman Mitchell, Letter From Lake Helem Camp. the senses.

- LYMAN C. HOWE

gressive reformer and of course, a ifying to all who are interested in the river and the lakes. All and each Spiritualism and the Southern Cas- reflect the sun, though our eyes can sadaga Camp.

> The Pavilion was crowded and chairs had to be brought from the

> hotel to accomodate visitors. The Speaker was Dr. Hilligoss. president of Camp Chesterfield, Indlove of a friend to a friend, a mother to a child; the love set for an example by Christ in the words: "Love ye one another" or the love to do good to all and finally the celestial love or God in man, which ever prompts mankind to conquer selfishness and unfold Spiritually.

> ciety and the most learned men will embrace its truth and acknowledge that Spiritualism is the only religion which proves the truth of its teaching, that is spirit return and spirit communication.

My pen is too poor to express the power of love (God) all through his by its attraction.

The President, Mr. Bond, thanked him with words prompted by the deepest emotion. He then continued: It is very gratifying to me to know what great talent we have among ourselves before the regular season commences. I have here in my hand and the same. He is one with the One." a communication which was handed to me today by Mrs. Thompson burning mountain, so sins do not apwith the request that it be read proach those who know the Light." publicly and delivered to him for whom it is intended. It reads as

"Lake Helen Florida January 16th 1902. "We the undersigned have recently Hagen, entitled, "The Laws of Na-Wealth and Happiness,"

(Continued on Page 8.)

OF THE VEDANTA.

By J. P. COOKE.

Von Hartman, the great German thinker says, "The whole world, in its context, is only a logical process, but in for this is joy, joy. Mamma. Take its existence, it is a continued act of will." my hands. I feel so well, wouldn't He is quite right; All things and all it be a joke if I didn't die after all. Being centers on the Divine Will and at-O, yes, I am going; here's papa; traction. "All things are held by the he has come for me. O, that beau- law of attraction and attraction is the ful radiance; what beauty I see love of God, that begets all things ahead of me; I won't say good-bye. by the blending of essences extracted from other formations." In this way all things are renewed yet nothing is lost from the Entirety.

Evil does not overcome the Ego but this remark, "At the last she he overcomes evil. He burns up evil. thought she saw her father and a Free from evil, free from doubt, he behost of Angels." The Tribune de- comes enlightened indeed. He distingvoted nearly a column to this re- uished between what is Eternal and

> Real philosophy begins when man starts and exclaims, "What am 1? What art thou?"

Sense bound minds are satisfied, they know not the visible and Eternal. They ous and full of light and peace to all. have heard indeed that "things which

and crime, and sordid worldly av- To the Vedantists, to suspect the ultiarice and ambition shall be sup- mate truth of the senses was the first planted by love, wisdom, and trust step in philosophy. The world of phenomena was like a mirage of the desert, unreal, exciting the thirst, but never quenching it. The over-heated desire of the flesh becloud the mind, and satiste

The one and the many? Yes. Look Today's meeting was very grat- at the waves of the sea, at the ripples, not bear its glory and its dazzling light. Yet the life of the sun comes from the Interior Spiritual Sun. Beyond time and space, beyond the ether blue.

The higher self is a drop of God's iana. He welcomed all as brothers conscious light - a drop of the soul. and sisters and described in detail There is one feature common to both the different manifestations of love, creature and creator — it is the Light. as brotherly and sisterly love, the The conscious Self. No objection can be made to the comparison since consciousness is common to both.

Thus they show that the world is made not only by God but of God. He is the inner life of each and all.

The spider spins his web out of his own body. It is said to be an anology When we have reached and under- to the doctrine that the Light is at the stand that love, then Spiritualism same time the material and the efficient will no longer be stigmatized by so- cause of the web of the created world. So Light is the Inner Life and the at-

traction of the universe considered as a unit and also of every creature. So the soul comes to know itself as divine in origin and in essence.

"He whom the self chooses, by him beautiful thoughts brought out by the self can be gained. The divine self the speaker who seemed to be car- chooses him as his own." It is not ried beyond himself and to feel the gained by learning or understanding but

> "Love will find a way." Immortality may come by the path of knowledge. He is immortal who knows the self-eternal within himself. "He who is in the fire, and he who is in the heart and he who is in the Sun are all one

"As birds and deer do not approach a

"Can any one distinguish water in water: or fire in fire: or ether in ether? So it is with one whose light is in the Light of Life. The life that is hid with Christ in God," may have a similar mystical purport.

With the Vedantist the term "subject" ture or How to obtain Health, is a metaphysical, not a logical term. It is never seen or heard or touched.

(Continued on Page 5.)

## NOTES BY THE WAY.

Of Thoughts and Scenes Occurring En Route to the Golden Gate.

> HY MRS. JULIA E. HYDE, LILY DALE, N. Y. NUMBER IV.

We did not take the cogwheel trip up Pike's Peak, on account of the great altitude, 14,147 feet, being hable to unpleasantly affect Dr. We have since Hyde's hearing. decided that cotton pledgets worn in the ears by those affected in high altitudes, might be beneficial.

Maniton lies like a beautiful gem at the foot of Pike's Peak. It has twelve mineral springs of which the Maniton Soda and Ute Iron are the most noted.

In South Canyon we climbed to the summit of Cheyenne mountain in search of the grave of Helen H. Jackson, the noted novelist, only to find it a grave in name as the body was removed soon after burial there.

The seven falls of the canyon, of over three hundred feet steep ascent, form a scene of exquisite beauty.

The wind blew furiously during our wisit to South Chevenne canyon, and warm clothing was necessary for comfort. In fact, we found the need of werm clothing throughout the entire journey; heavy wraps and a coolen underwear not being amiss even at Los Augeles; and Califormans told us of wearing wool underclothes throughout the year.

People frequently encounter snow escending Pike's Peak, Shasta, Dia-Mo, and even Mt. Hamilton, at rimes, when in the vallevs just below, ell is mild and balmy as June.

We intended stopping at Pueblo, the "Pittsburg of the West," to visit its famous steel and smelting works. but the fury of the sand-freighted wind, made the city seem anything but inviting as we pulled up to the station: but the glimpses one catches of numerous hotels, factories, etc., proves the "hustle" of this youthful

This sort of energy is manifest everywhere in the west. One catches the spirit of push and progress even before reaching Chicago, and begins to wonder why he "napped" so long in more eastern "Sleepy Hollows."

But, oh! the beauty, grandeur and variety of scenery along the Rio Grande! What huge walls of black granite, gray lime-stone and red sandstone which the waters of the shadowy past have chiseled into castles, cathedrals, forts and battlements, snow-crowned and sun-tip- soul is to man - its intelligent or hallette things as go to nake up the arened, often decked near the sky with conscious governing power, The ped, often decked near the sky with conscious governing power. The learned ings of a place ten to thirty layers or strata of rock. If man is a microcosm of spirit and the early life he learned the printer's trade on the distance, and through the truth on this line.

tower gardens in bloom. beyond which the Saurean bonefield, personal experience.

to sketch and dream. anses, the narrowest point called is in the absolute. making almost a complete Do not the wisdom, the potency This is weat little Source ir Poem, sixteen many hundred and sometimes many nature, manifest all three?

hide and seek with the clouds.

Long before reaching this "divide" soul of the universe, and as celf-cost burnewer PUB. CO. Lily Dale, N. Y. THE extra engine had been added to scious of its existence as man is."

the toiling train. Leadville, the fourth city in size in the inner consciousness of man the state, recalls to memory the tuitively senses the truth, while charming apostrophe of Joaquin many feel it, and tell us they have Miller as he stood here in rapt faith in it. Some only have hope admiration and exclaimed, "Rare But that is synonymous with Colorado! Yonder she rests, her wish, also a soul-desire that the see golden head pillowed on the breast Everyone's struggle to it right the Rocky mountains; her feet and be right is another pointer resting in the brown grass; with the that direction, showing that our boundless plains for a playmate, she terior consciousness is reacting out is set on a hill before the world, for something what our exterior where the air is so clear all may often opposes. behold her well."

Chrysolite extension was built in when science applies itself to 1868 through Big Evans Gulch, to study of man's psychic makure, reach two mines near Leadville not will find what it is seeking within otherwise accessible. The altitude telescope, retort or scales. Expositive telescope, retort or scales. est traction railway point in the self culture make it is it. world.

Six miles from Leadville are ever- our research; for what we green Lakes, not ural bodies of water, is absolute truth to me

where there is a natural fish hatchery, a branch of the Washington main hatchery. Millions of mountain trout are bred here annually and distributed to the numerous trout ure lives; for in this state of constreams throughout the state.

The descent west of the divide is rapid to Helper altitude 5,840 ft. Here an extra engine is again added till reaching Soldier's summit, 7,464 ft. altitude.

At Pando one catches a ficeting view of the noted "Mount of the Holy Cross," that "height around whose airy summit splendid visions rise," but the snowy emblem of Christian faith had been dissipated by the ardent summer's sun, and the empty crevices vawned black upon the mountain side, awaiting the coming winter for the re-appearance of the gleaming cross.

Looking across the multi-colored rocks of Eagle River canon, and ap the shaft-scarred sides of Battle mountain, one is forcibly reminded of the ancient "cliff-dwellers," and the fact that "history repeats itself," for there at the right, perched and he the rocks like the eyries of the care, some 2,000 ft. above the track. are the dwellings and shaft houses of courageous and venturesome miners who, finding rich veins of gold in the mountain's side, have settled there, to be ready at all times for business.

The ore is blasted out then tonveyed down the steep descent by means of a skillful construction of tramways, and countless steel reales. Verily, man holds the "open scattle" to everything in nature when he has faith, will, and a determination to

Between Grand and Green trees, over one hundred miles, lies a stady. stretch of land covered with lage brush and a shrub-like, leathery. plant of the cactus order.

To the north lie the rich-courted Book cliffs, and to the south gram the snowy peaks of the Sierra Sal. and San Rafael. Castle Gate guards the way to Price River canon It consists of two huge pillars of red rock 500 and 450 feet high. ated by a narrow space, through which the river and railroad run close together.

Utah valley, said to resemble the vales of Scotland, is a mountaingirdled section, traversed in all direct section passed to applie like at the tions by irrigation canals. This valley looks like a cultivated garden, in the center of which lies lievely little Utah lake.

# WHAT IS LAWP

Law is to the universe what the the strong gathering for ere and doing

of varying degrees of thickness, resem- matter he exemplifies this combina- with west from one position another, from bling cornice or fringe-work trimmed tion in all that it implies, and thus the with an old whioned hand in pulls, shirs and embroidery. What we must take man as the stepping- the to being editor of three daily papers of wealth of color, the mountain sides stone from which to reach out for the at different times.

comons and gorges looking like great Psychometry is the science, that the again for the summer season. paints the way; for law is a thing At Canon City, twin mountains, that cannot be handled. It must marble plated rise at the right, be sensed. And to do this it meeds

marble caves, battle rock and other Scientists may ignore this fact; mints of interest woo the nature but they are ignoring the alchabet loving traveller who often stops that is to teach them how to read. weeks or months along this route They will never understand law through any other means.

just beyond Canon City, the road What man is, nature is; and the RANDPA caters the Grand Canon of the Ark- effect simply shows what the cause

Roy of Gorge. Here the train rolls. Think of absolute consciousnessing count a long pivotal curve close Absolute will-power and love. Do beside massive walls of banded the effects not prove their existences.

thousend of feet, sharp edged cliffs Could mere force display accuracy and hery pinnacles seem playing at construction, beauty?

Because we do not see the intelled Ang subcriber to The UNFLOWER who Find raing from Royal Gorge we gence behind the effect is because find us two new subscribes, with or without on occasional glimpse of the we do not apply the right principles his finds of securing the server appeal peaks of the Great in the search, as it requires the soul of its finds of securing the soul of a mortal source and subscribe of two others and the livele over one hundred miles away, senses to find the soul of a mortal source subscription and two others and culmmating at Tennessee pass at an being, it requires the same to find accept the book.

clevation of 10.418 ft. that of the universe—law being the Address all communications and make mon-

Thus we say "God is love," for

God or law rules from within and latter lies the highest attende

Man knows that he lives for he absolutely conscious of this fact. 📽 When he senses nature in he same comparison he will know hat natsciousness, he will also kn w or feel 🛩 that nature is a part of hi self. or V186 YCT88.

But to know this, he must be primarily able to know o feel his owie oul be must permit it to manifest sufficiently to be sens d on the extenor. This is accomp ished by restring the rubbish of a navalism and the Serkness of which engelopes the soul as minherit-

The sunlight of spirit ne de purity and love as the agencies to the soul; and he who miles them his compactors will ind his melf a compan on of natake with inspiration as his guide, continuent his reward. As soon as in finds his own soul, nan will all the his derstandno of law; and when he b sadvancde far eponds to sense, t, he will

ARTHUR F. MILTON.

may suc-

Tafforda me great ple sure to be this winter. We di Moses with his four evenings before helidays. He deliv red some part decourses, and they were believers Parour, Voice and Physical Culture, the imperience as some of the lat-the imperiences; as some of the lat-the was Mas Alpabata Laurence.

ermost wifted speaker they ever e creek to have D. A. Herrick Mark Strongh the month of and waiting the ood things the society and they we know his have recent organized ctum which i hap vill, as we the want willing work rs. We al-above the solid we had his attend-

Mark of Mar Saughter, at Bri indaga Camp f a number of The taken a wat interest in ters persining to the approvement of ricer and it was his han s that framed battle lietters forming," velcome," that sile platform of the auditorium.

dia face will be greatly, i issed when we

Looking straight upward or energy, and the bountifuties of the end cover, printed in eight colors on Price, 25 cents

Innouncement

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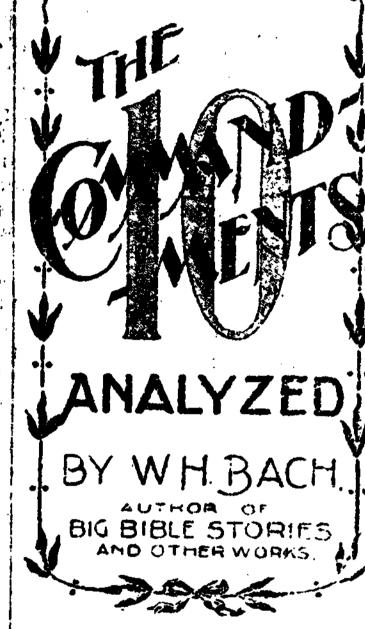
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lical Points, You Should

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CONTENTS.

Introduction. The Ten Commandments Analyzed. Two Porms of the Ten Commandments.

All the Commandments of value are old. All the other Com-

mandments are worthicss. Was Divine Wisdom Necessary

to Produce the Commandments? The New Dispensation. What Would You Put in Place of the Ten Const mandments?

Some New Com

mandments.

We Should Know Exactly What the Bible Teaches on These Subjects !

have been considered by many to be the Only True floral Guide, and to give the 🥦 🚜

Exact Standing of the Bible Upon all Meral and Religious Topics, BUT SUCH IS NOT THE CASE.

The Bible gives them in three different places and in two entirely dissimilar; form, and it contradicts every one as positively as it gives it. In other words the same Power that gave the Commandments gave others exactly to the contrary? and rewarded those who followed the Commands that were contrary to the Ten.

The Following Examples Will Illustrate the Point:

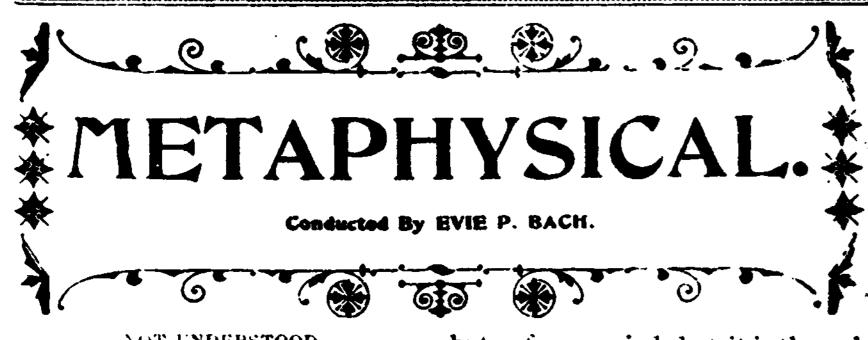
"Thou shalt not kill." "Cursed is he that keepeth back his sword from blood." "Thou shalt not steal." "When ye go, ye shall not go empty: " " every woman shall borrow from her neighbor " jewels of gold and ye shall spoil the Egyptiand." "Thou shalt have no other gods before me." "See I have made the a god con Pharoah, and Aaron, thy brother, shall be thy prophet; and thou shall be to him instead of God." "Honor thy father and thy mother." "The sone shall eat the fathers in the midst of thee." "A new commandment I give unto you, that ye love one another." "If a man come to me and hate not his father, him. mother. \* \* he can not be my disciple."

Dozens of similar quotations are made, giving chapter and werse. The two forms are given side by side for comparison;

is not written in a spirit of antagonism of levity. Christina elergymen have made certain claims and honest investigation will prove them true or false. If the Bible is better than the other "sacred books," we want to know it; if not, if it gives the Commandments to follow and then orders exactly the contrary, we want to kenter

Pager. 25c. For sale by the Spiritualist and Liberal Papers.

THE SUNFLOWER PUB. CO.,



NOT UNDERSTOOD.

Not understood. We move along asunder, Along in years. We marvel and we wonder Why life is life, and then we fall asleep, Not understood.

Not understood! How trifles often change us! ity The thoughtless sentence and fancied slight

Not understood. For lack of sympathy! Ah, day by day,

breaking! How many noble spirits pass away Not understood.

O God' that men would see a little clearer, Or judge less harshly when they cannot see: O God' that men might draw a little nearer To one notiser. They'd be nearer Thee, And understood.

-- The Telescope.

## HAPPINESS AND HEALTH.

PROF. ELMER GATES,

unpleasant feelings create harmful chemical products in the body, which write it up for you. —The Life. are physically injurious. Good, pleasant, benevolent and cheerful feelings create beneficial chemical products which are physically healthful. These products may be detected by chemical analysis in the prespiration and secretions of the individual. I have detected more than forty of If you are being treated, or if you Clarence Griswold, of Wa ren, Pa.

room. One feels depressed, another ing all you know. Say nothing and on Second ave. He intends to build remorseini, another ill-tempered, an- treat. Then if you don't happen to an addition with an improved skyother jealous, another cheerful, an- perform miracles the first thing, no. light and run a first clas photoother benevolent. It is a warm day, body can look wise and say, "I told graph gallery here. they perspire. Samples of their pre- you so." If you do happen to turn spiration are placed in the hands of the world upside down everybody days at The Sunflower home.

each bad emotion there is a corres- not to mention healing power. ponding chemical change in the tis- The same admonition should be sister's wedding. promoting change. A noble and gen- away, dearie. Shut up and think. structure of its cells. The change is complish your purpose. a physical change more or less per- If you go dribbling words all over

or building up his own mind. The until the water all slopped out. thinking organ undergoes perpetual When you get to your destination large bob-sleigh and tak s about changes in cell structure and is never where you want to use the water twenty Lily Daleites over to their finished. Even in old age it is not there is none to use. Words are just dancing school at Cassad ga every

too late. Let the esoteric mind-builder sys- over. tematically devote an hour each day. Some people are bored when you that attended when a sale of Smith's to calling up pleasant ideas and slop your thoughts over on em. Opera Hall put that in position to memories. Let him summon those They may be too polite to tell you be rented for dances and that hall finer feelings of benevolence and they are bored; but they go around will now be occupied. unselfishness, which are called up in the corner and tell John Smith, who ordinary life only now and then never liked you very well anyway, looking to a "Hard Times Party" Let him make this a regular exer- and is therefore rather pleased to cise, like swinging dumb-bells. Let hear that you are a bore. Some peo- in him gradually increase the time 60 ple yawn whilst you slop over; or directress. It is bound to be a sucor 90 minutes per diem.

his actions and thoughts.

cell structure of his brain. Cells of it - whilst you go on slopping. of Life and Body-Building. useful for good thinking will have About one fellow in a life time is been developed, while others pro- really interested in your aims, ideas ductive of evil will have been shrunk, and ambitions; and if he knows Morally speaking, the man will be a beans he will tell you to shut up great improvement on his former self, and do something. -Freedom.

## THE GOSPEL OF KEEPING YOUNG.

power and broadens human life.

It is wrong to let your mind be it wrong to let your mind be it water. He took a view of the matter and never neglect your daily exercise, and as the years creep on smany times a day as need be. Above and thrice, yea, as many times a day as need be. Above all remember the beauty of mind and character. Don't let anything hurr your mind. By that I mean practically, don't worry.—Address of W. G. Ward, A. M., in Boston.

THE BONDAGE OF FEAR.

Let the one who is full of fears remember that fear is not an attri
THE BONDAGE OF FEAR.

Don't deed being of the prevent the exceed only high it water. He took a view of the matter that argues well for omething decided being done in that direction. The credit for this moveme it belongs agitated to be marted to the matter continually ince last original work; be not satisfied to any ownself thinking never imitate, "says bury your mental that the matter continually of the ma glory of the Greeks was their glory power and broadens human life.

remember that fear is not an attri- is your very own.

bute of pure mind, but it is the only foundation of failures. He who has power to exclude it from his thoughts Our paths grow wider as the seasons creep to say with meaning, "I am not afraid," checks the on-flowing torrent of fear; and to repeat it stops it altogether. Then fill the mentalwith brave thoughts, real

Lest by long years of friendship and estrange thoughts, purposeful, energetic, har- inches of snow on a level having subjective of dream-life has upon the monious thoughts of life, wisdom, An honour souls there falls a freezing blight, justice, beauty, wholeness, until all apprehension vanishes and until its Not inderstood How many hearts are aching Opposite is fully inaugurated. Man have broken body is the temple of the Holy .... establish harmony.

## HEALING THOUGHTS.

The strongest state of mind is strange to talk of camp, but inthat of fearlessness. The more mag-quiries are coming just the same. nanimous state of mind is that in- We are obliged to say that we do spired by many aspirations.

In the looking-glass you can watch rangements for camp the coming your every act. The body is the summer. As usual the camp illopen

under such conditions the race will

## ELIZABETH TOWNE, IN "THE NAUTILUS."

the bad and as many of the good. are treating yourself, it is nobody has moved here with his family and Suppose half a dozen men in a else business. Don't go around tell- is occupying the Griswold cottage little hatchet." Speech is silver but H. Champlin. To sum it up, it is found that for silence is gold and precious stones,

sues of the body, which is life depres- observed in regard to your aims, sing and poisonous. Contrariwise, ambitions and desires. Keep them every good emotion makes a life- to yourself. Don't give yourself crous action blesses the doer as well When you can think right down to as the beneficiary. Every thought the point where your words will which enters the mind is registered tell, then say a few. Just a few in the brain by a change in the — the fewest number that will ac-

everybody you meet it is as if you Any one can go into the business kept your bucket of water joggling production of "A trip to I uffalo." that much thought force slopped Friday evening. Cushm n's hall

change the subject; or slop some of cess when she takes it in land. At the end of a month he will find their own thought force unto you; the change in himself surprising, or openly resent your taking them The alteration will be apparent in for a policeman. Some folks let you slop until they catch your idea; then it will have been registered in the they go off and coin money out

## ORIGINAL THINKING.

the reasoning faculties, strengthens

In order to ensure correct an prompt ance. notice of arrivals, departures, impovements, or any items of interest, please we e it and hand it in to this office. We wan to give our renders all the news of the camp and you can assist us to do so in this ay.

The ice season is at its height at present: About eighty men and eighteen horses are now a work filling the ice house on th upper lake and loading cars. Sixten cars is the most that has been hipped any day so far, but it is expected that several hundred will be shipped before the season closes.

faller in twenty-four hours. It has conscious or daily life. been necessary to shovel ( f roofs and verandas, and if a thaw or rain ing the essay on "Character." should come on, many who have and damaged roofs and v randas. Ghost." I Cor. vi. 19. The snow was shoveled off om the roof of the Auditorium whe e it lay thirty seven inches on the le el.

While talking of snow, s oveling snow and wading in snow t seems not know anything about the arsoul's bulletin board.

If you do not use your own bulletin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

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There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and tin it is because you are negative;

There discovered that bad and the properties are not only and the matter and reliable.

There discovered that the middle of July and the matter and reliable.

There discovered that the middle of July and the matter and reliable.

The discovered that the middle of July and the regarding rent of cottages, but presume they will be about the same as to \$150 according to size and location. We will be pleased to publish this information at any time it is furnished us by the nanagement of the camp.

Amanda Levine is spendi g a few

the psycho-physicist. Under his exam- will ask who did it, and how. Then Mr. and Mrs. C. V. Wildi ck spent mation they reveal all those emotional will be your time to look superior a few days at the home of Mrs. conditions distinctly and unmistak- and tell how "you did it with your Wildrick's parents, Mr. and Mrs. J.

J. C. Scheu arrived home oday to attend the reception in hon r of his Miss Margaret Keough, formerly

school teacher here, is visit ng at E. L. Griswold's. F. E. Cooke, of Fredonia as made

several short visits at T. J. Skid-

Evie P. Bach spent a week with her brother and wife in Janestown. I. G. Turner took a loas of our citizens to Fredonia to attend the

J. F. Witherel hitches up to a was getting too small for the crowd

Arrangements are in progress to be held in Library Hall sometime free Thoughts Concerning Religion. February. Mrs. Eliza Page is

Mrs. Harper-Lake, one of our regular summer visitors, has purchased a home at Santa Monica, Cal., where she will open a branch of the "Harper School of I illosophy

The report that has I en quite widely circulated that M s. Read-Burnham has been serously sick is an error as letters received within a couple of days make no 1 ention of it. It is evidently a misco struction of a joke that was perpetrated on

her, and Mr. Burnham's jo ular way of telling it.

The secretary of the Sta e Department of Health make a vi it to this vicinity and looked over the ground in order to make a report regarding the necessity of something being done to prevent the exceedingly high.

In the physician. In this volume is considered the Origin and Nature of Man; the Philosophy of Health, of Disease, of Sleep, of Denth, of Paychology and of Healing. Price 1.00

Yel. II. THE TRACHER. In this volume is presented "Spirit and its Culture;" the "Existence of God;" My Barthly Experience; My Preacher and his Church; the True Reformer; Philosophy of Charity; Individual and Bocial Culture; the Mission of Woman; the True Mawriage; the Mission of Woman; the True Mawriage; the Spirit's Destiny; Concerning the Delty. Price 1.00. Thinking invigorates and expands ment of Health make a visit to this Never give up your youth. The the character, creates and augments in order to make a report regarding

Let the one who is full of fears horizon, from within, prize it for it many handsome present: were re-

the residence of the bride's parents INTERVIEWS this evening, (February 1st) when many friends of the bride and groom from this vicinity will be in attend-

# Class Work at Lily Dale.

The lesson for Sunday, Jan. 19th. During the lesson reference was made establishing a school of this order colloquial and dramatic style which is very here, if sufficient interest is manifested to warrant future attempt. The subject for January 26th was, The Dreams, text, Math. i. 20, lesson, Last week we had the leaviest Math. ii. Dan. ii. Special reference snow storm of the season, ighteen was made to the great influence the

The Emerson class are now study- \$2.00.

The Raja Yogins are making good has the power to put himself in made no arrangements to have their physical headway, knowing "the 60.71"

## Occult Truths. A Monthly Journal devoted to the Occult. \$1.00 per year.

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GEO. W. WALROND

# in previous years. That is som \$40 Complete Works of A. J. Davis.

Answere to Ever-Recurring Questions from the People.

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adapted to the Bodies and Minds of the Young,
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Marches, Lessons, Questions and Answers,
Invocations, Silver-Chain Recitations, Hymne
and Songs. Every Lyceum should be well
supplied with these little books, so that all
can unite in singing the songs and join as one
family in the Silver-Chain Recitations. The
abridged edition is no longer in print, experience having proven the far greater value to
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Mr. Bowles had a happy faculty while on St. John i. 11. "He cometh to his earth, for writing pen pictures of events. In own and his own received him not." this work he shows the same skill in presenting pen sketches of life in the spheres. He visits over sixty spirits in eight differto the free lessons in Advanced ent spheres, describes their homes, their occu-Thought given for the past three pations, their mode of life; he converses with years at Lily Dale in the hope of them and reports these conversations in a

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Ilinatrated with 142 Regravings The contents of two chapters (viz: XIII and XIV) in this book brought down spon Mr. Davis the alarming charge of "Recantation." But while the criticisms on the errors and extremes of many in the ranks of Spiritualism are conceded to be just and timely, the charge that the author had "gone back" on the spiritual facts and principles is seen to be without foundation. It covers a wide range of topics, including much-needed lessons upon the Mission and Treatment of Dumb Animals; the Rescutial Condition of Human Progress; of Advancing Civilization; Claims and Rights of Labor, of Women, of Indiana, of Children, and of the Unfortunate and Visions. Cloth .75; postage 6 cents.

# THOUGHTS WHILE

Francisco, I recalled these words -"Oh, homeward bound's a welcome sound But outward bound are we, With swelling gale and rending sail,

And rush of roaring sea."

When the witty Irishman, fond of tramping, was told that a rolling stone gathers no moss, he quickly replied, "Neither does the sitting hen gather any tat." Extremes are to be avoided. thysicis neither travel, nor reason, nor love They exist - simply exist and nothing more. This should never be said of man.

Never do I tire of those beautiful words of the good Quaker poet, Whittier: A know not where His islands lift their fronded palms in air.

dose and care: And so beside the silent sea I sit with

mothed oar. Knowing no harm can come to me on occur or on shore."

Tolling, travelling, foot-weary and tempest-tossed by land or by sea, 'tis sweet to constantly, calmly feel that I канио!

"Drift beyond His love and care." Talk not to me of an all-diffusive gasconstance — of an unconscious non-inrelligent impersonality, misnamed God; ing a cher of Alfred R. Wallace's "Great Supreme Mind," of Theodore Parker's wom bather and Our Mother Too," or of A. I. Davis' "Great Positive Mind of

the Univercoelum," embodying life, conschousness, intelligence, purpose, wisdom, and love

Corrotaly not! Why should I be? know it is popular and fashionable to be all mean the waters, and yet a most foolish teshion. Nothing is more unnecessary than sea-sickness - nothing more maticia and indelicate in outward expression than the vomiting of nervous senson agers. Cease—cease your sea-sickness and be well. Is not the Ego, the ancorpate God within, mightier than the the vaters of the ocean - greater than the bring and falling waves? Stand cree . O mortals, dare the winds. defy the and-tossing waves, and say "I am well. It is the waters that roll and toss, not I. It is the ocean that is sick and croubled, not I."

## WHY TRAVEL?

Continents and stormy seas?" I am often cation, and salvation should be more

hitle? What are we here vestured in these foreigners abound. London, or New York, are curses. It dving. was the sumptuously-faring miser in the Sunday, the 13th of November, an purable of old that lifted up his eyes. English clergyman, the Rev. Mr. Lindley, being in torment, and not Lazarus at read the English Church service on our the gate.

THE RADICAL BLENDING OF PEOPLE.

For the first few days out from the shore the steamer passengers spent their time in looking alternately at the ocean and at each other. Later they smile. become cautiously acquainted, and then gravitate into little cliques or social clans. A Methodist minister on board, Rev. Mr. Pearson, bound for Honolulu, was a happy make-up of volubility, eloquence, and eccesiastical impudence. Invited to preach on a Sunday, he did not have the good grace to invite an English dergyman present to take any part in the religious exercises. Given the power, there would be little difference between Methodist, English, and Roman Catholic bishops. Each would delight to reign and rule supreme in the religious realm. Bishops and priests need careful watching.

steamers and journeyings the wide and the Essenes lived on a vegetable Breakfast" also "Fas ing" published world over are socially stimulating and mentally broadening. If we go back to pages of history, we find the ancient Britons blending with the Romans, and subsequently with the Pits, Scots, Danes. Saxons, and Normans. For more than one thousand years these various tribes and races crossed and recrossed, until they have been moulded into one grand

Englishmen.

the foundation of our nation laid by the most enterprising of these same sturdy Stepping aboard the "Sierra" in San Englishmen. They landed on the American coast, conquered the wilderness, organized a new government closely allied to the old and invited the people of the world to come and join them. The Slavs, is the ethical corollory o evolution. yards when within a mile of the the Germans, and some of the Latins It is simply the expansion of ethics slaughtering houses and those who mingled together, and in a few years be- to suit the biological re elations of recognize the influence of mind over came Neo-Anglo-Saxons, with a mixture Charles Darwin. Eve ution has matter will appreciate the effect of of Norman blood, which might now be denominated Anglo-Norman-American. The great law of evolution still going on in the United States, in Canada, South Africa, New Zealand, and Australia. is melting these races into one grand Eng- the right proportions to maintain diseases. Sooner or later "the blood lish speaking humanity, proud alike of the human body in st ength and of thy fellow-creatures crieth to a Shakespeare and a Tennyson, a Hum- complete health. Humbo dt and Liv- heaven for justice." Yet many boldt, an Emerson and a Longfellow.

This comparably new race of men, al-I mly know I cannot drift beyond His ready gigantic in proportions, is built upon the strongest foundations, upon which a permanent society or nationality can exist - energy justice, and the reign of law. The different sections of this new race have a common language, a appeal to every one whose brain common literature, the same common cells are normally active. Since the laws and customs; and withal, the trend elements necessary to wild up celof industrial civilization giving them a lular tissues are in a much more gravel, asparagus purifies the blood, mighty political and expansive power, destined to ultimately utilise, enlighten, and govern the world - Britain and America hand in hand forever.

HONOLULU AND THE PLAGUE.

When in Honolulu some six years since, this lovely group of twelve islands generously bestowed u on us "all was native-governed. They are now overshadowed by the American flag. What wonderful changes in these few years. Tram-cars railways, colleges, WERE YOU SEA-SICK UPON THE VOYAGE? new hotels, enlarged museum and city same as liquor which o ly increases library, and other marvelous improve- the desire for more for I and introments, saying nothing of the burning of the filthy Chinese and Japanese portions fermented bread paves the way to of the City because of the plague. The intemperance and many other "neg-Chinese and other foreigners now de- ative conditions" which are floating mand two millions for their losses. They it the air, and man nee is such vital will get much less than one million. This bubonic plague, the child of stench, rat-impregnated dirt and excrement, seldom affects Europeans or Americans. rats, cats and dogs. It is a glandular disease. Only one white woman died that sleep with dogs, kiss purring cate, wist in as great abut lance as in and carry poodles in their arms, should the animal food. Fesh has its in large quantities. be sent to reform schools or private counterpart in the case in of beans, "Why do I travel so much, crossing lunatic asylums. Soap, sanitation, edu- peas and lentils, gluten of wheat and closely associated in the Chinese and form of phosphates of chole wheat, Why do you, O questioner, travel so Portugese portions of all cities where harley, etc. but the outer shell

mortality for, unless to see, to investi- The natives, the original race of these the brand The outer coat of kidney gate to experience, to analise, to speak islands, are fast dying out. They have and lima beans and wheat can be a friendly word and extend to thousands been too civilised with competition, removed by soaking over night the helping hand? Why not magnet war, tobacco, whiskey, syphilis and sec- before boiling for five hours and then will, gralle the globe, giving off brother- tarian Christianity. Honolulu prints five cooked with cream a d rub them thoogh thoughts and cordial handshakes daily journals, and they were afire with to all races and tribes; and so, the more contention concerning the sale of aduldeeply, practically intensify the doctrines terated foods, unhealthy meat, and the of traternity and human solidarity? right of every physician to treat leprosy chief constituents of the body. The the cure of all of our ills. To have Astrology has become a world known scialike in the land of the North Star and necked regulars insisting that no one house which teems with such a bethe Southern Cross, and his sun sheds should treat a leper unless he first had a wildering variety of cautiful and as shipmering rays alike upon Ameri- permit or diploma from the "Examining bloodless fruits cans, Australians, Occidentals, and Orien- Health Board." Theological and medital. All are brothers and casts, whether cal bigotry are twin brothers, and both, based upon blood, or gold, in Calcutta, thank the gods, are gradually yet surely

steamer, and not only invited, but insisted upon my giving the religious address.

(Continued on Page 7.)

By J. F. Morgan.

The oldest religion (the Sun Worship) the teaching of Zoroaster, the first commandment given in the Bible, they all had the conviction of the wrong of killing animals and made the bloodless diet the funda-cereous deposits, ear hly salts and mental principle of their doctrine. Achilles, who was the acme of physical manhood and power was nour- obstract the blood ve sels. ished by the blood of the earth. (Juices of fruits and herbs). Plato Socrates, Aristotle and an innumer. All tissue and even need of the able host of the ancients were the body can be largely supplied by right These blendings of nationalities on apostles of vegetarianism. Christ breathing from the air See "Popcorn diet, four-tenths of the human race in THE SUNFLOWER. Bat, drink and subsist exclusively on vegetable diet bathe in more pure ai and sunshine, and about seven-tenth are practi mature's greatest rest rers of vitality, cally vegetarians.

The Food Reformers who have had the supphine, buffeted by the breezes, a personal experience of from 20 to whose latent potences of life are 50 years to support their declars dready to be obtained by Breath tion that abstianance from flesh has Culture published in fur Sunplowed brought them increased health, has an Since the early nagic wand of piness and vigor are being listened actions has demonstrated that cosmic and significant statements.

logical structure of man orresponds universal panacea. with the herbivorous animals — man is not naturally a carni orous animal. It is both natural and logical

than wheat and other go cins, beans, thing with impunity. neas, and lentils which from the atandpoint of economy alone should prime condition than re found in the diseased tissues of the animals.

OUR FOOD

hould be the bread (1 anna) from caven and not the fish pots of Beypt. Mother nature has most the seed bearing fruits.' Meat like all corpse conditions is the highest type of conscious cell fo in and must to through a process o disintegration. Meat acts as a simulant the duces disease, which wi h the use of **food as will nurture beth body and** mind, food which is i stinct with the potencies of vitality energy and force, since vitality is the beginning

THE SOURCES OF O'R FOOD. fibrin of oatmeal. The cereals are wich in mineral matter, argely in the should be removed wile retaining through a colander. \ getables are mature's medicine they nourish and clense. The proteids (1 per cent) are mext to the water (65 per cent) the

SUN-COOKED 1 DOD.

"can be eaten and i lished raw," servants. such as milk, honey, eggs, cereals,

fruits, legumina, nuts, etc. The more you subst tute raw for cooked diet the less quantity is needed to keep in perfect healt and strength as the life of the feed is greatly injured by cooking an I the soul liberated. Raw diet les ens the work of the houskeeper and the cost of living, being a moner maker and

health saver. The stomach will e minate much more of the raw that cooked food. Grain and nuts are condensed food and only a small quartity is needed 58 songs, words and music, in each volume. and two meals a da are enough. The sun is our best cook and with wonderful skill makes aried flavors. Our life is continued by live cells and we are free fron uric acid calmineral matter which are the cause of old age, ossify the bones and

FOOD FROM THE AIR.

energy and force which are stored in

homogeneous mass, and denominated to with much respect by the advanc- matter exists everywhere which can ed thinkers of the present time. Our be taken directly into the system Turning to the United States, we find grandfathers ate whole neal bread through the lungs in sufficient quanwhich built up healthy br. ins, strong tity without going the rounds of nerves and sound teeth. 'he physio- vegetable forms to gain nature's

PSYCHIC (ATMOSPHERE) FOOD.

A sensitive person can feel the to be a vegetarian. Ve etarianism vibrations emanating from the stocktaught us the relation hip of all the state of terror and torture which creatures - man is the a ult of long always precedes the killing of ani- 68-91+ evolution. It teaches he Golden mals, as it fills their every fiber with poison, saying nothing about the Cuvier and others h ve proven unnatural conditions used to fatten conclusively that vegeta les contain them which produces all manner of ingston say "The eating of flesh is occultists think by eating the animal the first steps to cannib: lism;" flesh that they hasten its evolution while (contains from half to the ee-quarters the "New Thought" and "Higher of its weight of water sewerage) is Thought" of its weight of water, ewerage) is Thought" advocates suggest to ten to twenty times mo e expensive themselves that they can eat any-

MEDICINAL VALUES OF FOOD.

Spinach (contains iron) and dandelions are good for the kidneys and celery cures diseases of the nerves, nervous dyspepsia, and rheumatism. Tomatoes contain vegetable calomel and act on the liver and are good No leading symptom required. Address for indigestion. Cucumbers are cooling, lettuce is good for insomnia, se warren St., Stoneham, Mass. onions are one of the best nervines known by increasing the gastric erres. juices and saliva and stimulating the circulation of the blood and in the case of colds throw off worn out tissues of the system. Beans nourish and strengthen, cranberries are good for malaria, blackberries for diarrhœa, baked lemons for biliousness, figs for cancer; pieplant for purifying the blood. Honey should be used in place of sugar and lemons instead of vinegar. Red pepper in place of black. Salt only in cooking vegetables.

MEATLESS DIET FOR ENDURANCE.

Other things being equal long disand not the end of life which the tant athletic contests are always The plague began in Honolulu with the prophets of Hygeia are rying aloud. won by the vegetarians, proving that their food has the staying power not contained in any stimulant with the plague, and this she contracted the carbohydrates are not to be such as meat (which forces the heart from taking into her bed and sleeping found in the animal kingdom. The to greater action) and all condiwith a bubonic affected dog. Women proteids of the vegetable kingdom ments and highly seasoned extracts which are injurious when used in

ANIMALS.

The different characters are manifested by the food given them, those animals which are easy domesticated are vegetarians while the beasts of prey are carnivorous. Why should not the same rule apply to the human (animal) being.

"Intelligent cooks will be the anothecaries of the future. Hygienic prescriptions will be sent to the kitchen." See "Secret of Long Life," published in THE SUNFLOWER.

Diet is the cause and diet must be God! stars rise and set, and sparkle at Molokai, the lepers' island, the stiff-vegetable world is the latural store- health we must have perfect nutrition. The difference between a no- assist their children by having a correct fig. meat diet and the old way of living ure cast and read for them. This can be is the difference between physiolo- done for the small amount of \$1.00, by sendgical solvency and bankruptcy.

Let us live and let others live and "Natural food," Pyt iagoras says, enjoy life, particularly our mistreated

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ence, and each person should understand "self;" also parents should understand and ing the PLACE, YEAR, DATE and HOUR, (if known) of birth, also name in full to the

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Young.

BY DR. J. M. PEEBLES. POR SALE AT THIS OFFICE

# THE GROWTH OF

(Continued From Page 1.)

of his territory in a united Italy. The Italian parliament has abolished clerical privileges, and all religious houses have been surpressed, their property being taken by the State, with the result that the numbers, as well as the formerly immense wealth, of the Italian clergy have been greatly diminished. Even in Spain though Protestantism is only permitted in private, and public announcements of such worship are strictly forbidden, the Cortes in 1835 and 1836, passed laws surpressing all conventual establishments and transferring their property to the nation. The various Catholic States in America are also increasingly tolerant or anti-clerical. In Chili, all religious are protected by the State. In Brazil, the connection between Church and State is abolished and all religions are declared equal Republic, not only are all creeds essence that affirms. A name for the measurement Christanity? tolerated, but primary education is self-soul, spirit or whatever name is these are great truths; therefore let us free secular and competence of the free, secular and compulsory. In given to the eternal element in man and a second supercition hess which Mexico, the religious houses were in God closed in 1863, and the church propour Psychologists think to analyze and the church property was confiscated. Many ecclesidescribe the soul. But the Use and the church property was confiscated. Many ecclesidescribe the soul. But the Use and the church property was confiscated. astical buildings have since been assigned to serve the purpose of libraries, schools, hospitals, etc.; no ecclesiastical body is allowed to acquire landed property; and the law enacting free and compulsory education is now being enforced.

many people who do not accept the passively oppose all forms of re-help our discriminations. ligious belief. The nominal numbers of both Catholic and Protestant must be considerably reduced if due allowance is made for this fact. But this kind of loss, or deduction which must be especially large in the case of France, the most progressive and the most powerful of the Catholie nations — weakens Catholicism without weakening the opposition to Catholicism. Freethinkers are allies of Protestants - nay, are equaily vigorous protestants — so far as the battle against Rome is concerned. The Secularism of an Ingersoll or a Bradlaugh in Protestant countries is no more favorable to the Papacy than was the deism of Voltaire and Thomas Paine. The Rationalism or anti-clericalism, of heroic into new geometic forms. As for inleaders of the people, like Garibaldi stance the carbon molecules differ in leading and Gambetta in Catholic countries charcoal and in diamond. They change the attempted to start a City of Zion is a deadly blow at the very heart according to the degree of life that is the another name for a new heaven; but it of Catholicism.

Similarly, the addition of non-Christain powers (such as Japan, and, in time, possibly, China, the comity and balance of nations, to- one asks. gether with the growing consideration extended to non-Christain religions, such as those whose adherents render the British Empire numerically more Mohammedan than Christain and more Brahministic than both put together, will lessen olic pretensions in the world's international arrangements, and like Yet, for all of this the Vedantist dis netering the bulrushes, like ann, and had This is a book of 287 pages, given the relative weight allowed to Cathmany other considerations, such as tinguishes carefully between what is phe to be bound through the mediumship of the diffusion of knowledge, the ad-nomenal and what is false or nothing that he was more than ne Devil, or he BEALS E. LITCHFIELD. vancement of science and the general He has no respect for a "dream in the two minutes tracked to the boys as well as it consists of a series of spirit tendency of the age, will act air." as a liberalizing or anti-Catholic influence in political and social matters generally.

Putting such considerations as the above together, namely, the relative decrease in number of Catholics, the slower progress of Catholic nations as compared historically with the more rapid-growing power and prosperity of Protestant nations, the general inferiority of Catholic races as compared with the Teutonic or Protestant races, the poorer prospects of future world-expansion, the lessening influence of the Romish Church over its own members, the strengthening of the anti-papal forces or liberalizing tendencies by the spread of Rationalism and social only difference is in vividness and col and political reform in Catholic rence." countries and the growing weight. The Vedantist says, "As long as attached to the influence and rights live we dream, but when we are ke and countries and the growing weight of non-Christian powers and people - we may find grounds for confident hope that Roman Catholism will never regain the power which it once used so disastrously, but will rather lose even its present degree
of authority. Under the improving our very self, and no one can sufficient influence of the various environ- deny himself. Both the verious influence of the various environment of moral and political progress the philosophical Spiritualist seed seen more especially in Protestant is the light of life in the breaks races, it is losing its former viru- soul is consciousness in God. lence, and is reforming from within. in defiance of a Papacy which appears to be sinking into its dotage.

Nevertheless, there are many signs of persistent activity and insidious danger which call for unceasing vigilance and steadfast opposition. We need not forget that Roman Catho- calling God a "process" of the lies number nearly 250,000,000 as

against little more than 170,000,000 may be spoken of as processe of becom-Protestants, and that these latter ing. But that which change inot, the are in a much more decided minor- Abiding One, God, does not cange. ity among Christians than are the Catholics. Over-confidence loses many a battle and many a race. The study of human nature and of the broad facts of history may incline us to believe in such old sayings as Magna est varitas et prevalebit. The ultimate triumph of truth may It is (being.) It perceives. It rejoices. very properly be matter of hope, or It in not mere thinking, but ather it is even of faith, but not of faith with- the Buddhi The Soul Brig itness and out works. An artful and unscrup- Intelligence that distinguish a true men ulous Church that has exercised so pernicious an influence over the mind and actions of its adherents that she nearly succeeded in ruining the best hopes of human progress in the past cannot safely be ignored as a spent force, and is no more to be trusted than a tame tiger, expecially when she seeks to get the children and schools into her hands. - The Freethinker.

# SPIRITUAL PHILOSOPHY

(Continued From Pag 1.)

Its being is by its knowing. It is the

says, that which can be dissected weighed. etc., is not the soul, not the highest self at all. What they call perception, memory, conception, will, effort etc. is quite outside of the absolute self aight a and is nothing but the veil through In all civilized countries there are which the Eternal Element, the Perceiver, looks out at the world. The lacurrent creeds, or who actively or tellectual powers, are as spectages to

> We know it by being it not seeing it. It shines by its own hight-like ness. Light and darkness are the opening posed principles.

The Spiritual Sun, (the Allah of Mahomet), is the Ego of the Universe, "Subject" to Nature or Creation But as our spiritual goal it seems objective to us. It is the core of the Universe beyond the Blue Ether, which mells into the Luminous space of True Beings For this diffused, rich, spiritual Light is so universal in the inner life that it is as space or luminous ether, to us.

To the Great Will of the world mat ter in its various degrees, changes as the bits of glass in a kaleidascope fail worked in. (See Masonry also Fythag the state to me that with all his sharpness oras). Real Immortality consists in the state of much better the one of his self knowing his self. But how shall be decessors. He did not let a serpent into hugest nation in the world) to the the knower know the knower? Some a temperate his broth reinflaw in and

J. S. Mill spoke of the vital self as a large sector serpent dides. Eden. Stranger OFFER NO. 1.
"series of sensations." His critical asked that the series of sensations." "series of sensations." His critical asked how a series can be conscious itself

The answer to the problem of life in The answer to the problem of life is the sample and the star of the Advent. It is the Advent. It is the solution in a same sample written a book to prove it. The Solution is in a same sample written a book to prove it.

as total illusion. They admit mind and the service in section matter as well as this subjective. "Per subject than to try a ceiver" or "Soul."

True life, here, is like a dream. A Bishop Berkely, the Idealist, said. "The trange that in physical universe which I see and free! and infer is just my dream and nothing else; that which you see is just you dream, only it so happens that on the training Company dreams are alike in many respects a second sich and I h

tist says, "For physical purposes a second areas as rich. But dream is just as good as real life, the

our eyes are opened by knowledge a ne world or Reality rises before at the veils, one by one, fall from the even the the soul as we rise toward pure life.

God is the Unchangeable the creatures are in process of the one They are changing always error of Hegel, the German Line was here. He was a very and cogent thinker but he mile e All created things are changed

If Hegel had practised Yog, he might have known this for a certainty. Time moves round eternity as the heel round

The Vedantist does not e nfuse soul and thought. The self has thr e qualities. from lower creations. The Vedantist see the work or result of Nescience," thowing our own true nature; in our THE believing the objective worl as it appears or disappears. Thou is not all united it is ever changing. I has caused what seems to be real tho gh itself is Reality being of the subject or The "world" is the vise concep-grawing from ignovance

take the German, and o der mystics believe in the return in man into divine Mature. The S aship with to be the

relized, transfig red Realism worthour study. o to verify t ecorréctuess ? of Being." latic "Theory Like triumph dd reception conscience the heart of the

and warns. The bitterest edanta Spirit d Philosophy

spred religious milesophy of

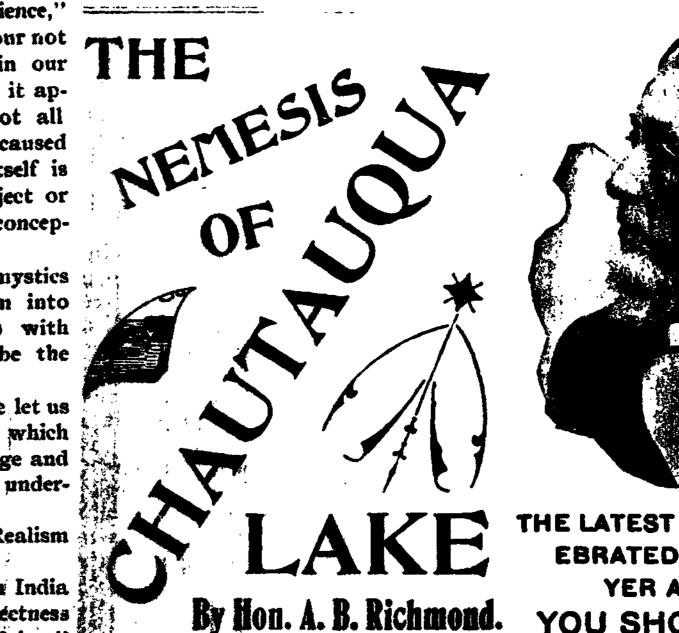
water now his three feet o acceptation have raised the other place the

that makes think of this

The He Digited his hook many will bite year's that will be the year's they call any people flannel all coffee of the coffee

A line stand a great des the constitution of the red-headed and the set night, and unorting in waiting dor to get one in unred red beg us exceeding) and says the Men ever davel

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When we started THE SUNFLOWER at the expiration of the time paid subject from the pen of W. P. Ball we decided to stop all subscriptons for a not renewed. After careful trial we have decided that it is not read and ponder over. the best plan to follow. Frequently people are sick, away from home, temporarily short of funds or overlook the expiration of their subscriptions and if a rule is made it must be tollowed with all—all treated alike

After three and one-half years trial, we have decided to change this rule. We do it because we have stopped the papers of many who wished to continue and they have been offended and considered it a personal affront. Because we think that most of the people who subscribe for a publication want it and it is more neglect than otherwise that the subscriptions are not remitted on time. That when they do not want to continue to take THE SUNFLOWER, on receipt of our notification that their subscription is due they will send a card telling us to discontinue.

Therefore from January 1, 1902, your subscription to this paper will be continued until you order it stopped and if there is any money due for papers, until this amount is paid according to the conditions of the law in such cases. This is that "So long as a person continues to receive a paper from the post office he is obliged to pay for it and if he is in arrears, it can not be discontinued until all arrearages are paid."

To discontinue your paper NEVER RETURN IT. This does not give tinued, remitting arrearage, if any. If there is no arrearage, you can retuse to receive the paper from the postoffice, giving your reasons thereto notify the publisher.

We trust that our patrons will see that we have made this change for their convenience and will aid us as much as possible to keep subscriptions paid up to date and thus make it possible for The Sun-TLOWER to blossom regularly and grow larger and stronger and blossom oftener.

We will give this method a thorough trial and it it does not prove satisfactory, will return to the plan previously followed.

## ANOTHER PAPER GONE TO

## CANADA.

Wilshire's Magazine, has been denied the right of being transmitted through the mails at second class always win. rates and has gone to Toronto, Canada, from a republic to monarchy, against the modern rifles of Japan to secure that much vaunted thing Protestant Bibles have gone down maintains, that he was a ded by a mul- nation of lead, is keeping a small work- be needed to refund all money received known as liberty.

following words:

"Let the Nation own the trusts." For advocating the above solution planted by the new. of the 'trust problem,' Wilshire's Magazine, formerly published in New York, is suppressed by the postoffice, under the specious piez that it provides the company's for the company and the general public, necessary funds have been raised.

The specious pieze that it is the providence of the company's for the company and the general public, necessary funds have been raised.

WILLARD J. HULL. under the specious plea that it

denied a direct answer, and I am seem, the liberal elemer has not Altruistic idea, after the capital stock of number of mines on the opposite side of referred for rectress to the same ap- had a hand in the selection of books King Solomon's Mining Company was the glacier, have means of ingress and free press I am banished to a foreign represented. country. Hereafter Wilshire's Mag- It was but two or three years ago azine will be published in Toronto, that the public library of Frie, Penn., Canada.

Free Press, Right of Petition.'

THE SUNFLOWER ALWAYS advo- to the donor." cates peaceable measures; but there This is only one case ( many we is a question here for the law-makers have had our attention alled to reand officials in high places to face. cently and it has led u to think The principles of Americanism are that Liberals should 1 ake a detoo strongly intrenched in the termined and united eff rt to have citizens of this country and such an books of. standard reethought abuse of power as has been made in authors placed in their public libra- shares of this stock. the postoffice department during the rice. one thing.

We are long-suffering but it is im- not call for them frequent y, but they possible to put the people down in will call for them occasic tally if they any such a way. With the suppres- are in the list, out of curiosity if sion of about two hundred publica- nothing else, and many will get a tions, the publishers of the country taste of liberalism that they would are becoming alarmed. Not one of never get in any other vay. us is safe. We must suppress. The library at Frien ship, N. Y. anarchy, but we must suppress it in is a remarkable exam le of this large number of kindred industries that manager of the Light of Truth, and have well as in the dark halls of Chicago connected with it and s me of them of helping a large number of mortals to the Spiritualists in the United States and Paterson. There is an anarchy visit camp at Lily Dale. They make raiment, food and homes; the Altruistic that he has obtained for them a valuable of the official against the citizen as it a point to solicit d nations of well as of the citizens against the books, etc. and they are placed on official.

## THE GROWTH OF

CATHOLICISM.

Under the above heading we publish an exhaustive article on the which our readers will do well to

We must take exception to the author in one point and that is in the growth of protestantism. Most writers forget an important seature for he says, "I believe n one God of the claims of Christians as to and no more and I hose for hap verified the prophesy that it was not of all the developments, and at the end growth of their forces. Enumerated piness after this life." Paine was "child's play." On one of these proper- of that time make a regular subscription among Christians are many people who have no more sympathy with Christianity than they have with Buddhism or Mohammedanism.

To illustrate our point, enumerated this life. among the Christains are the entire population of the United States, round numbers, claim allegiance to ple would read them m re. Of the ing they were stockholders of the com- months. Should you take 200 shares, any denominstration - Catholic or Protestant. This would cut down the proportion of "Christians" to a great degree if it could be done in all countries. But, unfortunately all countries do not get out as good reports as we do.

When we talk of danger from religious sects we forget the real source of danger and magnify the imaginary. Catholicism may try to secure control of this and other countries, but it is too wise to attempt it by recourse to arms.

But what have we to fear from

the Mongolian race? We have not considered that in these nations we have the greatest menace to our present forms of any event that could be conjured up. There are millions of them, fired with religious zeal and angered by the profanation of their temples, any stea of the identity of the sender. Morship as well as by the action of the reveal to the public the purposes and ing the passage of an act of parliament, clusively to Spiritualists, who will rejoice Write a notice to the publisher worship as well as by the action of the public the purposes and ing the passage of an act of parliament, clusively to Spiritualists, who will rejoice write a notice to the publisher moising as well as by the action of their company. The answer again amplified the warning that the to know that the enterprise is a grand saying you wish the paper disconcaused the Boxer uprising. What universally was that until to success was work would not be "child's play." How- success. In taking on these new properwould we do if they, angered by struced, it would be best to remain ever, as time passes and the stockholders ties, action had to be made quickly, thus the past, should get later day guns, silent. Had they not tal n this course, one by one visit this grand and sublime forcing Mr. Townsend again to advance as they are now doing, educate their might have deseated their success. spot, they surely will be grateful enough many thousands of dollars to King Solfor, and the postmaster is obliged people in modern warfare, as they when Spiritualists read what follows, to thank the officers for their work so omon's Mining Company. This block of are now doing, and after a little they will concede that K ig Solomon's well done. time spent in training, start out Mining Company was wi in so doing. Lead and siver deposits occur nowhere him and complete the electric plants their myriads of soldiers on a campaign of revenge. It is useless to say that we would repel them. They this Altruistic mining project was first as is found in British Columbia. Though Arizona and at the glaciers in British could, if they had the necessary contined to some of its p sent members lead values are now low, this would not Columbia. The sales of this stock have training and leaders, overrun all seventeen years ago; the some of its depress King Solomon's Mining Com- come on so rapidly that the company. Europe and Asia before the civilized chief officers were selected years ago on pany's stockholders. During the history with the help of Mr. Townsend, will be nations could hinder them.

fore us from religious zeal. A few were spent in educating and preparing forced to stack their lead ores around on At the earnest request of the under-Catholics may arm themselves and them as specialists for t e work they dumps, in the mill sheds and other out- signed, the Board of Directors have andrill, but the majority + the people are now engaged in. Who it began to buildings, and for a considerable time so thorized him to change the terms of paywho stand at the head and are resided outward form, its mortals were held them, then there would come a ment, that is, extending the installments sponsible — know hetter than to at the lead of the l tempt an open attack. Freethought made up of a little Sp. tan band of quick turn in the market and the lead from five months to ten months. This stands in a more advantageous seven. During this time is chief officer, industry undergo rapid changes, and we secure because The Light of Truth place today than it ever did in the Mr. Townsend, was spe ding quite a lead as rapidly advance in value. One was anxious to give every Spiritualist past and the only thing it has to portion of his fortune in extending the thing must be borne in mind. Mines op the opportunity to subscribe to this fear is internal dissensions. Both mowledge of spirit retun, and at the erating the low grade ores examined at most favored stock. Protestant and Catholicism will op time to the outer world seemed a period of a few years at a time, show As to the present values of the proppose it at every turn, but with reply engrossed in carrying on many that in the end they are the producers erties of King Solomon's Mining Coma united front Freethought will large enterprises, all of which proved of millions upon millions of dividends. pany, Mr. Townsend says he could say

Chinese war-gods did not prevail

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returned a copy of "Big Bible Stories" "Lost to Americans: Right of with the information that, It had

the shelves. The liberal books make a large percentage of the new books hand, and the mo ey received ren. from the State permits nore books of liberal books.

How few people hav ever read Thomas Paine's "Age f Reason." Yet how many talk about it. They call him an "Atheist." No person who has read his work: can do so,

So it would be with nany of the ideas of the liberal m vement. If books were of easy access the peochic phenomena.

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# Solomon's Mining Company.

largely chiminated.

been examined and was found not change its course by transferring to the canon to the lake. What a commentary on liberty! to be a suitable book to be circulat- trustees all of his holdings. Through While proceeding in this manner in "How long. Oh, Lord! How long," ed among the people, the refore the this trust 5,000,000 shares of this "Series British Columbia, without noise or shall such things be permitted to be? writer was instructed to "return it A" stock was turned back into the treas- sounding of cymbals, the company has

past two years can only result in People will read the books if in which it would be possible to help etc., all of which are near neighbors, enthey can get at them. They may vast numbers, it was determined early abling us to say, as we stand on our in its history to extend its operations "Revenue Group," "Gold beneath us, gold to two distinct classes of mining. On to the south of us, gold to the north of the one hand the operating of distinctive us, gold to the east of us, gold to the gold mines for the purpose of obtaining west of us, and a clear golden sky alits main treasury, and on the other, op- ways above us." erating low grade mines because of the The writer of this article, being the high places as well as in others. In method of doing. There are quite a could, with time, be evolved from the ing taken an option on a large block of the departments of the government as few Spiritualists and reethinkers base metals, and in the end be the means twenty-five cent stock, wants to tell all apparent as its surplus enabled it to take officers of the company are quite sure on its real wards, to-wit: orphan child- some large strikes of gold will be made

> sachusetts library, the e of them would be benefited if the developments months, and so on. were Spiritualistic, dev ted to pay- under way were pushed to com- Some large brokers who are friends of pletion. At this juncture much tact, di- Mr. Townsend, though not Spiritualists,

This is the real danger we see be- subsequently many thous ands of dollars ods when the mining operators were they arise from time to time. eminently successful. D ring all this King Solomon's Mining Company, day sell separately the fifty odd mines time, Mr. Townsend beli ved, and still watching with care the commercial sit- owned and receive back more than would before the onslaughters of science. Stude of co-operative spi its, he going ing force on the lead properties with the from the sale of stock. It is the policy The Publisher tells his story in the Papal Bulls have fallen before prometer to assume as a ule in life that idea of being in position to quickly act of the company to strictly adhere to the gressive education. Thus it the with the work undertaken was purely Al- when better conditions come, and in the plan of making no mortgages on its the world: The old is always sup sphistic, the element of fa lure would be meantime is planning to mine more ex- properties; and to raise the money nextstensively on their glacier properties sary for the above purposes, the Board The contring of good n see was seri- which they are acquiring for reason of of Directors temporarily reduced the price LIBERAL BOOKS FOR PUBLIC taken up five years ago. Circum their high grade values. The purchase of this stock from 50 cents to 25 cents stances devolved upon Vr. Townsend and development at this latter point of per share, and stand pledged to restore

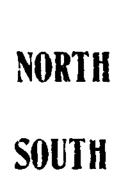
of his appointee in the postoffice is this country, but strange as it may controversy and literally carry out the will be run with a view of letting a large pointee of whom I have complained. enough to have even a mi imum pro-turned over to Mr. Townsend, notwith- egress through its properties, thus sav-In order to obtain the liberty of a portion of their line f thought standing he had then many thousands of ing these neighbors a long haul of dollars in the project, with the full con- fourteen miles by wagon road, and sent and co-operation of every member King Solomon's Mining Company thus of his family, he then and there placed it laying solidly the foundation for its probeyond his or their power to interfere or posed railway from the glaciers down

> ury of the company for strictly business added a superb group of gold mines in purposes. Afterward, when the different the rich Yavapia County, of Arizona. blocks were placed on sale, every mem- The ores opened up and their values conber of Mr. Townsend's large family par- sidered, make them, in the opinion of ticipated like other individuals in purch- the best experts, rank in value with asing for actual cash many thousand famous gold mines such as the Congress, Octave, Rich Hill, Fool's Gulch, Monte To give this company the largest field Cristo, McCabe, Buckhorn, United Verde,

side becoming from time to time more favor. From present developments, the within the next sixty days at the mines At the inception of this work, it in Arizona, in which even the remaining to be bought and the strength of was pronounced "no child's play," and shares will be quickly taken by outsiders. the liberal element mak s it neces- whatever transpired would be in accord The special favor we have secured is to sary to buy a reasonable proportion with natural laws, that the line to hew give all who choose to avail themselves to was that co-operation between mortal of the privilege the opportunity of writand spirit was eminently practical, ing Mr. James B. Townsend, Lima, O., granting mortal harmony and objects and say in their letter how many hunpurely Altruistic. In clearing the first dred shares they would like to have held four properties acquired from the legal sixty days for them. You would then and financial complications, the work have sixty days to investigate and learn neither a materialist of an atheist, ties the Canadian Pacific Mining & Mill- for your stock, or let the privilege lapse. He was, at the worst, in Agnostic ing Company had started a number of In the event of you concluding to sub--and there are millions of them to- expensive tunnels. These tunnels were scribe, you have the additional favor of day - he hoped" for ha piness after each discovered to be pointing to differ- electing to pay for what you take in ent adjoining properties, which on close ten months instead of five months. That inspection were shown to be the prop- is, should you subscribe for 100 sharse, erty of individuals, who, notwithstand- you would pay \$2.50 per month for ten seven most popular box is in a Mas. pany doing the work, they personally you would pay \$5.00 per month for ten

plomacy and money were used in acquir- are asking the privilege of placing some ing and transferring these adjoining large blocks of stock among their patproperties to the interests that would rons. The purchasers who buy this eventually he known to the world as stock get a security as good as an in-King Solomon's Mining Company. come bond. By the terms of its issue, Within the lines of the old company frac- the holder gets his money back with four tions of claims were found to be owned per cent interest before the five-sixth inby people whose interests were adverse, terest of common stock is permitted to these together with many squatters, share in profits. The holder of the were sooner or later sure to impede the "Series A," certificates is not expected to full swing of King Solomon's Mining divert his dividends to the main Altru-Company when it came to build a mod- istic purpose of the organization, this ern mining city, commercial chemical object being carried out by virtue of the works, smelters, refineries, docks and trust and dividends which pass to the railway terminals so as to utilize and trustees who hold this five-sixths in perconvert into profit the marvelous water petuity for the Altruistic side. In fact it Frequently the officers o King Solom- power which the location carried with is not wise to disclose this seature to an's Mining Company ha e been urged it. Obtaining this together with secur- the world. This knowledge belongs exstock is now being sold to reimburse They would have to tell the world that else in the world on such a large scale which the company intends to install in account of natural qual leations; that of mining there have been several peri- able to take care of its obligations as

## LIGHT FROM EVERYWHERE.





This deportment is conducted to assist our public workers to keep in touch with each other and with he process. Sond us notice of your engagements or other trans of interest. Secretaries of societies are reques. I to send sho, t reports of their work. I'd no - and address must accompany every article intensed to publication.

CORRESPONDENTS will please rememher that THE SUNFLOWER goes to press and is mailed the day it is dated. In ar fer to ensure insertion communications should reach us two days in advance and if of any length, earlier than that.

Read the article about King Solomon's Mines on page 6 of this paper.

Owing to the crowded condition of our columns many good items are left out of this issue. They will appear next time.

A card from Estella F. Baillet informs us that her son, Archie, is Penn., of Typhoid fever.

Harry Dalton writes from Troy, N Y: We still hold meetings to wowded houses. People are still alive to spiritual truth and knowledge. We are to have the State of love to my dear wife, Emma, at Convention in Troy some time in Tell City, Ind., that she may know May

with nervous prostration brighter for her. No, dear, we have literally glut America, and I see, the but his now recovered so as to be not forgotten you, our hearts are as English book-markets; but i om what I thle to attend to his business. All true as ever and the love-light glows can learn, they are, with few exceptions, hail that has been received during and burns warmly. Our precious his sickness will be attended to as daughter, Mary, is with me, with apidle as possible.

F. Corden White has met with success at Bradford, Penn. He has held several public meetings and been cept quite busy with private work. He will come to Lily Dale early in the spring. He expects to go to Erie, Fenn. and possibly visit some other TO MY SON, ALBERT W. WADS. chapters of "Bhen Holden," alled familpoints in this vicinity as well as spend some time in Buffalo.

G. W. Kates and wife served the Spiritualists Society at Wheeling, W. Va., January 4 to 12. They had large audiences, in a large hall. The cause has prospered in Wheeling under the leadership of G. W. Way, e promising young speaker and melium. Mr. and Mrs. Kates have dates at Gallipolis and Cincinnati, Ohio, and Evansville, Ind., en route to Texas where they serve part of Febmary and March. Address them 600 Dennsylvania Ave., S. E. Washingcon, D. C.

Busy-Body writes from Syracuse, Y Y "Our Secretary is very busy et present so I will take the liberty micting you know we are not dead. The First Spiritualists Society with Mrs. Lizzie Brewer the gifted inspirational pastor at the head in onnection with Bro. Rustin as presdent are gaining ground. Skeptics are drawn into our hall and invariably converted under the convincing enemings of our loved pastor and sum tests are not to be equaled, as we also have pro-Perfect harmony prevails" Vour friends 7

and Ster, Pat. "Mr. and Mrs. E. Marshall. be spengue, missionaries for the N. - A have just completed a course TO FRED AND ELIZABETH SCH. Cit't be a Citizen of the United public lectures on Spiritualism, the last ones ever held in this City 145,000 inhabitants. These worthy stande have organized a society here ving the golden seeds of Spirit- all we can and will in the future be this newly prepared field; and tie, Edna, Brother Henry, Little Sun- Reformed Presbyterian church, and lovers of truth and light beam and Snowdrop. Be of good then the members t creof heard

ishes " Prot. James Hilling writes: "The Spiritual and Truthseekers are holdag psychic circles at St. George's Hall. Cambridge, the second and ourth Sunday of each month. Good nek to all is their wish."

rptions and says: "I have message appeared in your issue of confirmed. This Refo med Presbyust returned from Erie, Pa., where December 1. It was true in every terian church is compo ed of people Do You Need Spectacles? attended a full house meeting at particular. I knew him well. He called Covenanters, was are ecclewas the speaker. A fine or- zens but not a Spiritualist. he tru of four pieces furnished the Conneaut, O. nuse. You see the good work 20 on growing riper every year."

Rev. Frank McKinley will make a of The Sunflower in which I found source of all power, sus Christ is secturing tour during the month of a beautiful message from my mother. The ruler of all nations, and the

Get Well White You Sisse, and sleep well descriptive pamphlet with full directions mailed to any address in U. S. and Canada for only ten much and wish her every success in Canada for only ten much and wish her

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LEDA.

Those who receive messages through this department are requested to send verifications to this office for publication. It is a courtesy due the medium and the publishers and aids to prove the truth of Spiritualism.

People desiring personal readings from laying at the point of death at Erie, Leda can secure them by sending \$1.00 and three 2-cent stamps to Leda, care of The Sun- mentioned, Though a rose so ell as sweet in this book than any other Moses Hull ever flower, Lily Dale, N. Y.

## IOHN F. HAVENS.

we are still with her and trying all Merer reading, I cannot visely pro-George W. Walrond has been seri- the time to make life better and nounce an opinion upon the novels which her tender ministrations making our home brighter - your home and mine — where there is no more pain or parting. George Reese is with us and we send love to all at home. Your husband, John F. Havens.

# WORTH, CLEVELAND, Oct

brave and noble words you spoke I revelled in my jolly scho boy days. last Sunday in explanation of the The "Uncle Eb," - no ch reh member seeming inconsistency of mediums. They were true words. Be patient and true and all will be well. Do not be in a hurry to make a change. Consider well the step, both yourself and George, whom I have a ing death's door, he wrete his own strong feeling for, also M. F. You epitaph, unique in sentime t as it was will understand. William is here and odd in expression. Here it is: joins me in love also the good Dr. "Lain't afraid. Abner Hamilton.

Your Father, Joshua.

TO N. R. WHITSON.

I want to reach N. R. Whitson, of Never cheated anybody but ben Holden.' Allegheny, Penn., and to assure him Goin off somewhere now -dunno the that we still have the same interest in him that we had while in the Dunno 'f it's east er west er north er earth life. The change is not so great after all. We still love and Br road er trail: feel just as we did in earth life. We But I ain't afraid." can see clearly now whereas we only saw dimly then. We often come to the epitaph - "I aint afra i." Though magean arguments has a sharper edge to be used the paint shop as formerly and listen to the many good things said there - and it is all right - enjoy life years. I never met any cla s of persons

Your friends, Tom Armstrong, Charge A. Kiehl, writes from Levie Smith, L. A. Jackson and Will

# OURE, TOLEDO, O.

We know just how hard the lines members, who have ap- of life have been with you both. How hor a charter from the N. S. A. hard the fight has been up the hill a mighty effort to succeed of progression and we have helped lesin in a place like this, but these as helpful as possible. My dear sisoverteel ones were equal to it. May ter and brother, many of us are here. world stand by our side; John Schouse, Nicholas Holby, Lots no us their best thoughts and cheer, my dear ones, we are near all that he had taken an path to sup-

Lovingly your sister, Annie.

## VERIFICATIONS.

In justice to Leda and the cause I less bill of rights. Jac son thought ism made by the Advertists. In this 40 page wish to verify the message of M. A. otherwise and appealed to the New pamphlet, both the Devil and the Adventists get their due. Price reduced to 5 cents. Mis. II. Keene sends in two new Haskell, of Ashtabula, O., whose York Presbytery, but the sentence was 

Some friend kindly sent me a copy statution is that the God is the February. He would be pleased to who has been in spirit life thirty-five libble is a divine revolation. They who has been in spirit life thirty-five libble is a divine revolation. They who has been in spirit life thirty-five libble is a divine revolation. They who has been in spirit life thirty-five libble is a divine revolation. They was a second representation of an intervolation of who has been in spirit life thirty-five libble is a divine revolation. They was a second representation of an intervolation of who has been in spirit life thirty-five libble is a divine revolation. They was a second representation of a proposition of the control present time.

I thank the medium, Lean, very

1 news of love and good c eer from ledariment the other world to us. Yours sincerely,

Mrs. Laura Bithiah Broc ebank, Cleveland, O.

In January 15th Sunfower I found a message from my t vo children, Lee and Bulah, aged: 1/2 and 7 when they passed to spirit ife about fourteen years ago. They speak of our plants being froz n when moving. They were all ! ozen but one. The names and otler things they speak of are all corre t and we thank you and them for the message. Mr. and Mrs. H. A. homas.

THOUGHTS WHILE

Lawton, Mich.

(Continued From Pag 1.)

OCEAN-BOUND.

This I did, occupying nealy half an The people every here seem pleased with the Spiritual bilosophy, providing the word Spiritu: liem is not by any other name, the honest botanist cannot be gainsaid. Price, postpaid, \$1.00. calls a rose a rose. The ch rules must ulthmately accept the Spirit: al phenom-Will you kindly send this message ens and its higher philosoph, or die.

## AN OLD EPITAPH

unreal to life. They lack a igher ideal. They pander to sentiment. They mislead the imagination. The intoxicate the passions, and withal, ckle rather than teach science, ethics, or moral philosophy.

But an accompanying friend, to rest my tired brain, read me I tely several liarly, "Uncle Eb." He was a character natural to life in New England, where I My son, we thank you for the was born, and where, when I wen-headed who an original character ignorant of echeol-book learning, eccent ic, conscientions, intuitive, industrious and honest \* i \* sickening later in lie, and near-

> immed of nuthin' I ever one; Always keep my tugs tight Never swore 'less 'twas nec sary; Never ketched a fish bigger i 'twas, Erlied 'n hoss trade.

way nuther -

so fraid of death as Chris ians. J. . PEEBLES.

Harbinger of Light, Melbourn , Anstralia.

States and a Reformed Presbyterian at the 5 ame:

Time. James Jackson, a Scotchman, of naturalization papers few weeks jackson was a n mber of the wit a charter so insuting to God and the Constitution of the United good Reformed Presby crian can be an American citizen u der our god-H. H. Hunt. the nucleus of the God n-the-Constithition party. Their entral super-

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# LETTER FROM LAKE HELEN.

intinued From Page 1.)

"To say that we were well pleased avach die same does not nearly exgrass on feelings of gratitude toward 'I Hagen.

We almot but admire his sincerity and some in demonstrating the train and steachings and their practical any cation to individual needs.

We sincerely believe that all who

security his teachings and follow The name tions will be greatly beneactes and will become better men and the grown

" Mes & B. Webster, Mrs Elizabeth Thate Dorn E. White, Mr. and 1) Hardy, Mrs. E. E. Andersome Irs. M. White, Mrs. Margu-Mebster, Elizabeth H. Thomps Son, Mrs. Mary Estep, Mrs. C. C. de a 🦠 Mame H. Coburn."

one arse Mr. Hagen was greatly Surpassed and very thankful for such esteen shown to him by his scholars all or whom were strangers to him execut Mrs Thompson.

The asister Carry E. S. Twing invitcolodly gentlemen — to a tea party ter Wednesday afternoon, at 2:30 resmost is them to bring their tea caps and spoons along as well as their ladics promising lots of surprises was a gentleman accepting the invitation.

Hare you ever heard of a "Gentleminn's Tea Party"? I fancy that I ave to write again and let caders know something about agest scientific discovery of 🕸 living, a "Gentleman's Tea i . et

VERITAS.

# SPIRIT PLAYING.

## Mr. Mina S. Seymour Gives Piano Tests at Spiritualists' Supper.

We man's auxiliary to Worchester . ssoc etion of Spiritualists' supper, anter diament and dance, was held met right in Good Templars hall. 766 Surger was served to 100, under the anger on of Mrs. Florence S. Nichols. assisted by a corps of waitresses.

Mrs. dina S. Seymour of Lily Dale Came N. V. was the star feature of the effectamment; She was announcel - medium who when controlded it the spirit of a dead musician coul, play any number of selections on a piano. The woman, who is underlyiged responded to the introduction and took a seat at the purn after stating sometimes the Spirit controlled her in dreamy melother and then again such airs as, "The Devil's dream" would result. Whatever her playing she attributed at the the spirit. Mrs. Seymour looked the part of the experienced instrumentalist once seated at the piano, and after a few passes over her eyes started playing, "The mocking bird." Whether she played by her own skill for the instrument gave forth music 2 that was tuneful and her work showed technic. After the simple air 👓 : The mocking bird,'' she followed 💟 at with variations and introduced 😝 sever I bird calls that caused many 🚰 to look on with open mouthed astonishme**nt**.

Ercored, she again took her place 🔀 at ac piano, and after deliberating 🔽 started a medley. This was followed 😷 Mar di a dozen popular songs, and 🚰 seve al hornpipes, jigs and reels, not 🔏 to say a word about "Johnny, get your gun." This number was given on a way that showed the spirit, eather young or old, in earth life had heard the tune. The play- 🗗 ang was a novelty for the members 🗸 and the spiritual Association, and the perceptier was given marked attention. She was modest however and after the second number declined to ente toin further.

A M Sweet contributed a harmerca -peciality, and succeeded in  $\geq$ extracting good music from a numher at mouth organs. Readings by Mrs. liattie W. Hildreth and Mrs. that es and songs by Mrs. Ida Bond Does concluded the program. The those was cleared for dancing, which continued till midnight to music by Boyden's orchestra.

Sinday afternoon and evening Mrs Sarah A. Byrnes of Boston will lecture before Worchester associetion of Spiritualists.

Worcester Daily Telegram.

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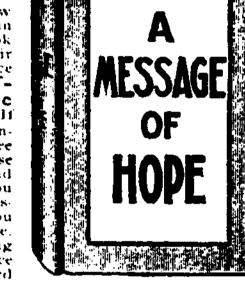
they are able to cure thousands of those pronounced in-curable by other physicians because they work IN HAR-MONY WITH AND EMPLOY THE MIGHTY HEALING FORCES OF NATURE IN ADDITION TO THEIR MILD J. M. PERBLES, M. D. M. A. YET POTENT MEDICINAL REMEDIES. In a perfect natural manner it builds up the system, enriches the blood, improves the digestion and appear tite, gives strength to the nerves and muscles and repairs wasted tissues and organs, causing the invalid of many years to rejoice after having been told by the local doctors "there is

Mrs. J. D. Steverson of Hillsdale, O., in writing the Poctors after a three months course of treatment thanks them heartily for curing her of a long standing case of female trouble and falling of the womb, Miss Daisy Burke of Kalma, Wash., who was completely cured of catarrh sends a thousand thanks and says, "I am almost the only person around here free of this dreaded disease." Harry McClure of Pittsburg, Pa., corner Pifteenth and Bingham streets, who had been troubled with kidney trouble and rheumatism for years, writes after four years of treatment with local doctors: "I cannot express in words the hearty endorsement I give your wonderful treatment." Mrs. Joel Curtis of Method, N. C., writes: "I cannot thank you enough for the good you have done me. "You cured me of asthma two years ago and I have not telt anything of it since. I recommend you to all suffering humanity." F. Villiers of 992 N. Francisco avenue, Chicago, Ill., writes: "When I wrote you I was suffering the torments of the damned with my stomach and had been told by the best physicians in Chicago that I had about two months to live. As a last chance I wrote for your free diagnosis and you took me I had a severe case of inflammation of the stomach. Under your

treatment and sound advice I improved from the first and am today in better health than

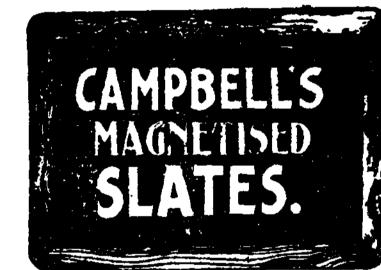
in years. I most heartily endorse you and recommend your treatment to ail."

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